

### **Abstract of the Invention**

Instruments and methods for preparing adjacent bones for fusion, and for inserting implants are disclosed. In one embodiment, the instruments include paddles for spacing the adjacent bones a predetermined distance and a cutting edge to create a channel  
5 between the adjacent bones to receive a fusion implant. In another embodiment, the instruments include a bone cutting instrument, a rasp, and an implant inserting tool. The instruments and methods are particularly advantageous for preparing a spinal fusion implant site.